

## ABSTRACT OF DISCLOSURE

A life habit improvement assisting system, wherein a server apparatus stores first sets of physical information obtained from a first patient, and second sets of physical information obtained from each of second patients, selects, from the second sets of physical information stored for each of the second patients, second sets of physical information obtained from at least one second patient after a prescribed past time point, when a second set of physical information obtained from the one second patient at the prescribed past time point falls within a range determined based on a first set of physical information obtained from the first patient at the prescribed past time point, and when a prescribed target value corresponding to the second set of physical information obtained at the prescribed past time point falls within a range determined based on a prescribed target value corresponding to the first set of physical information obtained at the prescribed past time point, and sends the selected second sets of physical information, and wherein a patient's terminal device receives, from the server apparatus, the selected second sets of physical information, and outputs, for the first patient, first sets of physical information obtained from the first patient after the prescribed past time point, and the received second sets of physical information obtained after the prescribed past time point, for comparison with each other.